

November



The Holidays are upon us – and as we all know, this is a very hard time of the year to lose weight. Starting with Halloween we have a lot of “goodies” that we don’t usually have sitting around the house just waiting for us to pick them up and eat them! They call our names - - they beg for our attention - - and we have a hard time ignoring them! I KNOW - - they call to me too!! Let’s be careful during these naming calling times!

Just keep in mind that there are no foods that we absolutely can’t have – we just have to be SENSIBLE and not eat the whole thing!! A very wise friend of mine said this: **“Each bite tastes just the same, so there's no reason to overeat... just leaves you with that stuffed and miserably guilty feeling.”**



So enjoy a few bites of those tasty Holiday treats and leave some for tomorrow. As Cynthia Mack, the TOPS Retreat Director says, “It’s not as if we’ll NEVER have this food again! There’s always another trip to the grocery store tomorrow, so we don’t have to gobble everything up TODAY as if we’d never have another chance to eat!”

Our fall area meeting in Aberdeen was Awesome!!! Thank you MS 0320 Aberdeen for a great time. Congratulations to all the winners!! You are such an inspiration to us. Keep up the good job. I would also like to thank each chapter for your donation in helping Jan with her expenses.

Esther S. Manz Story

Did you know that TOPS is on You Tube? We are, and you can view several videos with one being the 11 minute Esther S. Manz story about how TOPS began and some of the early beginnings. Go to: <http://www.youtube.com/user/topsclubinc> and it is the one under “TOPS History” there. The DVD is also available for purchase from TOPS for a small fee of \$5.00. This would be a great item to have for your chapter to show at an Open House or maybe a special meeting. It can be ordered by using the form on page 21 of October issue of TOPS News or at the TOPS store on the tops.org website. I have this DVD if you would like to borrow it. Give me a call!





TOPS Goes West, The Wild Wild West – April 8-9th at the Clarion Hotel in Tupelo. Let's start now making plans to attend and have a great time! Reservations can be made by calling 662-844-4343. Be sure to mention to the staff that you are with TOPS. This is your SRD and I want to hear your suggestions!! And as always your help with be needed to make SRD a SUCCESS! The SRD letter will be mailed soon, look for it!

Don't forget the Resume Workshop on December 4 at Southside Baptist Church in Aberdeen. Anyone may attend but all Weight Recorders are encouraged to attend. Lunch will be provided with door prizes and 50/50. 50/50 will help pay for lunch. Please let me know how many will be attending from your chapter by December 1. Thanks!



For those of you that have internet, you may view the entire newsletter online at www.topsbouquet.org click on MS and then read newsletter. Check us out!

Don't forget the contest that will run from July 1st to December 31st, 3 Up Membership Challenge. This is a contest for building new membership in our chapters. Please don't forget to send in the membership coupon with new applications to Jan. I know each chapter can meet this challenge.





Pumpkin Pie

Make a small box of sugar-free white chocolate instant pudding with non-fat milk. Then a can of pumpkin and mix well. Put the mixture into a baked pie shell and chill. Maybe top with a spoon of non-fat topping.

Holiday Eating Tips

- Be realistic! Don't try to lose weight; it is a self-defeating goal. Strive to maintain your weight during the holiday season.
- Do not feel guilty – holidays can provide good emotional and family support. Eat small, lower-calorie meals during the day so you can enjoy the celebration food without overdoing it.
- Be active and keep moving – walk the mall, plan a party that involves fitness, such as bowling, bike riding, or roller skating.
- Take the edge off your hunger before the party – Eat a small low fat snack before you go.
- Drink sparkling water, which has 0 calories, to settle into the festivities before eating.
- Make only one trip to the buffet table and be selective. Choose only the foods you REALLY want to eat and keep the portions small.
- To eliminate unconscious nibbling, try to socialize away from the buffet table.
- When asked to bring a dish to the party, choose lower calorie party foods like raw vegetables or fruit with dip, or broiled shrimp with cocktail or lemon sauce.
- Select the best of the holiday offerings and pass up foods that are available throughout the year.
- Don't save the best for last! Even if you've filled up on appetizers, you'll rarely have the strength to say no to the holiday treat you've been anticipating all night.
- Instead of starving yourself one day – reduce calories throughout the whole week. For example, cut out a cola everyday for 7 days, which equals 980 calories (reduced) for the week! Or walk an extra 15 minutes per day; you will “pay for at least 1 slice of fruitcake.

BEST WISHES AND THOUGHTS:

Congrats to Teresa Garrett in the birth of a grandson. Born Monday.
November 1.

Congrats to Jessica Moore daughter of Diane Moore and my niece for making ALL STATE in Ladies Fast Pitch softball!

Thoughts and prayers go out to Marj Bryde in the loss of her mother-in-law.

Thoughts and prayers go out to Grace Guin. Grace will be having knee surgery on November 22.

Happy Thanksgiving from my house to yours! May you have a wonderful holiday with family and friends. Remember all that you have to be thankful for. And in our stress management program I encouraged you to count your blessings. Are you?

Take care!
Much Love & Hugs,
Pat